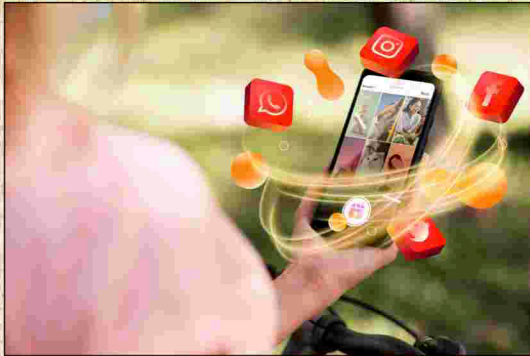




CZĘŚĆ PIERWSZA | Przeczytaj tekst i wybierz poprawną odpowiedź.



The impact of social media on mental health

Social media has become an integral part of our daily lives, with millions of people using platforms like Facebook, Twitter, and Instagram to connect with others and share their thoughts and experiences. While social media can have many benefits, such as helping people stay connected with friends and family, it can also have a negative impact on mental health.

Studies have found that social media use can lead to feelings of anxiety, depression, and low self-esteem. This is because social media often presents a distorted view of reality, with users posting only the best parts of their lives and creating an idealized version of themselves. This can lead to feelings of inadequacy and a sense of social comparison, as people compare their own lives to the seemingly perfect lives of others.

In addition to these psychological effects, social media can also have a physical impact on mental health. Studies have found that excessive social media use can lead to poor sleep habits, which can have a negative impact on overall health and well-being. It can also lead to increased sedentary behavior and decreased physical activity, which can contribute to a range of health problems, including obesity and heart disease.

Despite these negative impacts, social media can also have some positive effects on mental health. For example, it can provide a sense of community and support, particularly for people who are geographically isolated or who have difficulty connecting with others in person. Social media can also provide a platform for people to share their experiences and raise awareness about mental health issues.

To mitigate the negative impacts of social media on mental health, it is important to use it in moderation and to be mindful of how it affects us. This can involve setting limits on social media use, such as avoiding social media before bed or during meals, and taking regular breaks from social media to engage in other activities. It is also important to be mindful of the content that we consume on social media and to curate our feeds to include content that is positive and uplifting.

In conclusion, while social media can have many benefits, it is important to be mindful of its potential negative impact on mental health. By using social media in moderation and being mindful of the content we consume, we can mitigate these negative effects and enjoy the many benefits that social media has to offer.

1 How can social media impact mental health?

- A By promoting positive self-esteem
- B By leading to feelings of anxiety and depression
- C By providing a sense of community and support
- D By promoting physical activity

2 What factors contribute to social media's negative impact on mental health?

- A Idealized portrayals of life on social media
- B Social comparison
- C Poor sleep habits
- D All of the above

3 How can social media be beneficial for mental health?

- A By providing a platform to raise awareness about mental health issues
- B By promoting sedentary behavior
- C By creating feelings of isolation and inadequacy
- D By encouraging social comparison

4 How can individuals mitigate the negative impact of social media on mental health?

- A By using social media in moderation
- B By avoiding social media before bed or during meals
- C By being mindful of the content consumed on social media
- D All of the above

5 How can social media impact physical health?

- A By promoting physical activity
- B By contributing to poor sleep habits
- C By promoting healthy eating habits
- D By promoting a sense of community and support



6 I'm taking a Spanish class I want to travel to Spain next year.

- A so that B even though C in order to D despite

7 Which sentence is correct?

- A My car is more expensive than yours. C My car is expensiver than yours.
B My car is expensive than yours. D My car is the most expensive than yours.

8 Which is the correct sentence?

- A This dress is as pretty if not prettier as the other one.
B This dress is as pretty if not more pretty than the other one.
C This dress is as pretty if not prettier than the other one.
D This dress is as pretty if not more pretty as the other one.

9 Which sentence is correct?

- A The cat licked themselves. C The cat licked herself.
B The cat licked himself. D The cat licked itself.

10 Which is the correct question tag?

- A You can speak French, can't you? C You can speak French, cannot you?
B You can speak French, can you? D You can speak French, can't you not?

11 Which sentence is an indirect question?

- A What is your name? C Where are you from?
B Can you tell me what your name is? D How old are you?

12 What does a pharmacist sell?

- A Clothes B Books C Medicines D Furniture

13 What do you call a place where you can buy vegetables, fruits, and meat?

- A Butcher B Fishmonger C Grocery store D Shoe store

14 What is the opposite of "arrival"?

- A Departure B Delay C Stopover D Connection

15 Which is the correct sentence?

- A He asked what time was it. C He asked what was the time.
B He asked what time it was. D He asked what the time was.

16 Which sentence expresses a prohibition?

- A You must arrive on time. C You can't smoke in this room.
B You should bring your own food. D You might leave your shoes on.

17 What is the capital of Australia?

- A Sydney B Melbourne C Perth D Canberra

18 What do you call the process of washing clothes?

- A Cooking B Cleaning C Washing up D Laundry

19 What do you say to accept an invitation?

- A Yes, I am. B Sorry, I can't. C No, thank you. D Sure, I'd love to.

20 Which sentence expresses an obligation?

- A You can wear a uniform if you want to. B You must wear a uniform. C You should wear a uniform. D You might wear a uniform.